

But the bowel lining—like the skin—  
grows calloused under constant  
irritation.

The bowels then cease to supply their  
own laxative. You need physic all  
the time. As the bowels grow harder  
you need larger doses.

That is chronic constipation.

That is how constipation is caused—  
by the efforts of Nature to resist a  
harsh physic.

The way to cure it is to use a natural  
laxative—dainty and gentle. That's  
Cascarets.